

# MEDINA PRIMARY SCHOOL

## NEWSLETTER



25th September 2026

Dear Medina Families,

Thank you to everyone who was able to join us for our Macmillan Coffee Morning. Thanks to your wonderful generosity and support, we managed to raise over £300 for Macmillan Cancer Support! If you missed out or would like a second helping, we still have a few delicious cakes left. They will be on sale for a small donation at the end of the day, so please do pop by before heading home while stock lasts.

We would also like to extend a heartfelt thank you to all our parents and carers who work hard every day to make sure their children are in school on time and ready to learn. Every minute of the school day counts, and your routine and encouragement make a huge difference. Our current school-wide attendance is currently standing at just below 95%. We are so close to reaching our whole-school target, and with your continued support in prioritizing daily attendance, we know we can get there together. Thank you for your continued partnership in supporting your child's learning!

Warmest wishes,  
Mrs McGarvey



### ATTENDANCE - THIS WEEK'S PERCENTAGES

|        |       |
|--------|-------|
| Year R | 89%   |
| Year 1 | 92.2% |
| Year 2 | 90.8% |
| Year 3 | 90.2% |
| Year 4 | 93.3% |
| Year 5 | 90.2% |
| Year 6 | 91.1% |

Our school target is 96%

Green met the target  
(95-100%)

Yellow is just below  
target (90-95%)

Red is below target  
(below 90%)



### House Points

|          |     |
|----------|-----|
| Oak      | 438 |
| Willow   | 656 |
| Sycamore | 597 |
| Beech    | 731 |

### Water bottles

Please remember to send your child to school with a named, reusable water bottle every day. With busy days full of learning and play, having easy access to water helps keep everyone focused and energized.

### MARK YOUR CALENDAR

Y5 Science Museum Trip - Wednesday 7<sup>th</sup> October  
Parent evening 12<sup>th</sup> October and 14<sup>th</sup> October  
Year 6 residential 19<sup>th</sup> October - 23<sup>rd</sup> October  
Half term 26<sup>th</sup> October - 30<sup>th</sup> October

#### INSET DAYS

Monday 2nd November  
Monday 4th January  
Monday 22nd February  
Friday 28th May  
Friday 25th June



## **Celebrating Success: Our School Rewards**

We love recognising and celebrating the wonderful achievements, hard work, and positive choices our pupils make every single day.

Here is a quick look at how we celebrate our children:

**House Points:** Pupils earn points for their team throughout the week by showing brilliant effort, teamwork, and enthusiasm in all aspects of school life.

**Good Work Celebration:** Each week, teachers select pupils who have shown incredible effort, creativity, or perseverance in their learning to share and celebrate their achievements.

**School Value Certificates:** Awarded to children who consistently embody our core school values—demonstrating kindness, respect, responsibility, and excellence around the school.

**Positive Behaviour Slips:** Pupils earn these for making great choices inside and outside the classroom recognising children following the school rules, - Be Ready, Be respectful and Be Safe

**Best Seat in the House:** A real favourite among all of our children! Children who go above and beyond following our school rules earn a special VIP spot with the best seats during Friday's assembly.

Thank you for continuing to support and celebrate your children's successes with us at home!

# What Parents & Carers Need to Know about GROUP CHATS

Occurring through messaging apps, on social media and in online games, group chats are among the most popular ways that young people engage with their peers online. Involving, by definition, three or more individuals, these groups allow users to send messages, images and videos to everyone in one place. While they are useful for helping friends, people with shared interests or members of a club to communicate and coordinate activities, they can also leave young people feeling excluded and bullied – as well as providing opportunities for inappropriate content to be shared and viewed.

## WHAT ARE THE RISKS?

### BULLYING

Unkind comments or images which are purposely aimed at an individual can be shared freely in a group chat – allowing and often encouraging others to join in the bullying behaviour. If this content is shared in a group of their peers (especially a larger group), it serves to amplify the hurt, embarrassment, anxiety and isolation that the victim feels.

### EXCLUSION AND ISOLATION

This common issue with group chats can happen in several ways: starting a new group, for instance, but deliberately excluding a certain child. Likewise, the chat may take place on an app which one child doesn't have access to, meaning they can't be involved. A child can also feel isolated when a group chat is used to discuss or share images from an event that everyone else but them attended.

### INAPPROPRIATE CONTENT

Some discussions in group chats may include inappropriate words, swearing and unsuitable images or videos. These could be viewed by your child if they are part of that group, whether they actively engage in it or not. Some chat apps have a disappearing message function, so your child may be unable to report something they've seen because it can only be viewed once or for a short time.

### SHARING GROUP CONTENT

It's important to remember that – while the content of the chat is private between those in the group – individual users can easily share a message, photo or video with others outside of the group or screenshot what's been posted. The risk of something your child intended as private becoming public (and potentially going viral) is higher if there are people they don't know well in the group.

### UNKNOWN MEMBERS

Within larger group chats, it's more likely your child will be communicating with people they don't really know. These strangers may be friends of the host, but not necessarily friendly toward your child. It's wise for young people not to share personal details and stay aware that they have no control over the messages and images they share after they've put them online.

### NOTIFICATIONS AND FOMO

A drawback of large group chats is the sheer number of notifications. Every time someone in the group messages, your child's device will be 'pinged' with an alert: potentially, this could mean hundreds of notifications a day. Not only is this highly distracting, but young people's fear of missing out on the latest conversation results in increased screen time as they try to keep up with the chat.

## Advice for Parents & Carers

### CONSIDER OTHERS' FEELINGS

Group chats are often an arena for young people to gain social status. This could cause them to do or say things on impulse, which could upset others in the group. Encourage your child to consider how other people might feel if they engaged in this behaviour. If your child does upset a member of their group chat, support them to reach out, show empathy and apologise for their mistake.

### GIVE SUPPORT, NOT JUDGEMENT

Remind your child that they can confide in you if they feel bullied or excluded in a group chat, instead of responding to the person who's upset them. Validate their hurt feelings and help to put them back in control by discussing how they'd like to handle the situation. On a related note, you could also empower your child to speak up if they're in a chat where others are being picked on.

### BLOCK, REPORT AND LEAVE

If your child is in a chat where inappropriate content is being shared, advise them to block the users sending the material, report them to the host app or platform and exit the group. If any of this content could be putting a minor at risk, contact the police. Emphasise to your child that it's OK for them to simply leave any group chat that they don't feel comfortable being a part of.

### PRACTISE SAFE SHARING

In any online communication, it's vital for young people to be aware of what they're sharing and who might potentially see it. Discuss the importance of not revealing identifiable details like their address, their school or photos that they wouldn't like to be seen widely. Remind them that once something is shared in a group, they lose control of where it may end up and how it might be used.

### AVOID INVITING STRANGERS

Sadly, many individuals online hide their true identity to gain a child's trust – for example, to gather information on them, to exchange inappropriate content or to coax them into doing things they aren't comfortable with. Ensure your child understands why they shouldn't add people they don't know to a group chat – and, especially, to never accept a group chat invitation from a stranger.

### SILENCE NOTIFICATIONS

Having a phone or tablet bombarded with notifications from a group chat can be a massive irritation and distraction – especially if it's happening late in the evening. Explain to your child that they can still be part of the group chat, but that it would be healthier for them to turn off or mute the notifications and catch up with the conversation at a time which better suits them.

## Meet Our Expert

Dr Claire Sutherland is an online safety consultant, educator and researcher who has developed and implemented anti-bullying and cyber safety policies for schools. She has written various academic papers and carried out research for the Australian government comparing internet use and sexting behaviour of young people in the UK, USA and Australia.



**NOS** National Online Safety®  
#WakeUpWednesday

Source: [https://www.theguardian.com/uk-news/2018/sep/12/online-safety-social-media-chat-apps/](https://www.theguardian.com/uk-news/2018/sep/12/online-safety-social-media-chat-apps)

# Community News



**ARE YOU SUPPORTING SOMEONE WHO IS AUTISTIC OR NEURODIVERGENT?**



**ROOM ONE  
LOVED ONES GROUP**

Join our **friendly** group to share your thoughts, feelings and recent experiences with people who **understand**.

Meet other carers and loved ones who may be **supporting** adults or children with **neurodiversity**.

Everyone at the group has **lived experience**, including the facilitators: Laura (Portsmouth Carers Service) and James (Room One).

 **ROOM ONE**

 **2nd & 4th Friday of the month**

 **10:00 - 12:00**

 **Carers Centre, PO4 0AD**

## Children's Programme

An evidence-based parenting course on promoting confidence, learning and positive behaviour in children aged six to 11 years.

The 9-week course supports parents to manage their child's emotional well-being, behaviour and to be more affective in their communication, be happier and more relaxed parents.



Parents can self-refer or ask a professional to refer on their behalf by emailing [ParentingService@portsmouthcc.gov.uk](mailto:ParentingService@portsmouthcc.gov.uk)

Parents Plus is an Irish charity that develops practical, evidence-based parenting and mental health programmes. We train professionals working with children and families to deliver the programmes in communities and clinical settings. Our programmes support families to communicate effectively, build satisfying relationships and overcome emotional and behavioural problems. [www.parentsuplus.ie](http://www.parentsuplus.ie)

A partnership between



## Special Needs Programme

**A Practical, Evidence-Based Course for Parents of Adolescents with Additional Needs (11-18 years)**

The Parents Plus Special Needs Programme has been developed in partnership with parents of adolescents with additional needs and professionals working with families. This is the first programme of its kind developed in Ireland. The focus of the programme is to support parents in managing issues that are common for families raising a teenager with a learning disability or other additional needs.

**Some of the topics included in this course are:**

| For parents                                                                                                                                                                                                                                                                                                              | For adolescents                                                                                                                                                                                                                                                                                                                         |
|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| <ul style="list-style-type: none"><li>Understanding the journey of parenting a child with additional needs</li><li>Managing stress and looking after yourself as a parent</li><li>Supporting siblings and family relationships</li><li>Establishing good family routines</li><li>Supporting positive behaviour</li></ul> | <ul style="list-style-type: none"><li>Supporting good friendships and social opportunities</li><li>Building self-esteem, confidence and independence</li><li>Supporting teenagers' education and development</li><li>Dealing with puberty, sexuality and relationships</li><li>Preparing for future transitions and adulthood</li></ul> |

Parents can self-refer or ask a professional to refer on their behalf by emailing [ParentingService@portsmouthcc.gov.uk](mailto:ParentingService@portsmouthcc.gov.uk)

A partnership between

### Solihull Togetherness

An NHS-funded digital learning hub offering free expert-led courses for Portsmouth families, covering topics such as:

- Childhood development
- Emotional wellbeing
- Understanding child teenager's brain
- Understanding your child with additional needs
- Understanding your child's feelings

All designed to strengthen family relationships.

Visit the Togetherness Learning Portal:

LEARN - Togetherness

Access Code: PARENTSUPPORT

### Portsmouth leisure card

**The Portsmouth leisure card is available to residents who receive means-tested benefit within PO1 – PO6 areas (and some properties in PO7 qualify where these pay Council Tax to Portsmouth City Council).**

**It gives you discounts on a range of culture and leisure services in the city. You can enjoy sports centres, swimming pools, golf, museums, city arts and Portsmouth Historic Dockyard when you show a valid leisure card for each adult/child.**

# Arbor

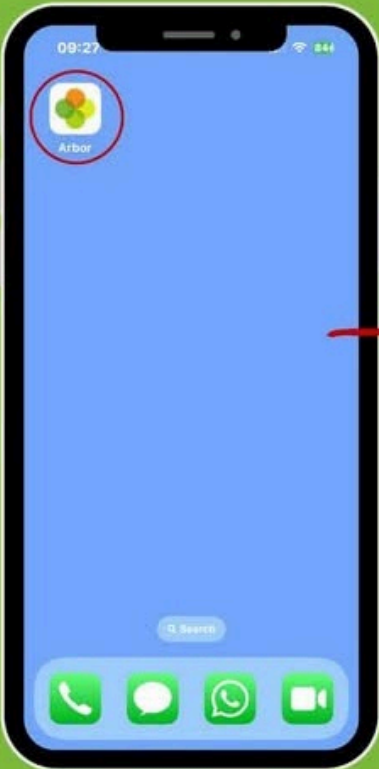
## How to log an Absence

### How to Log an Absence:



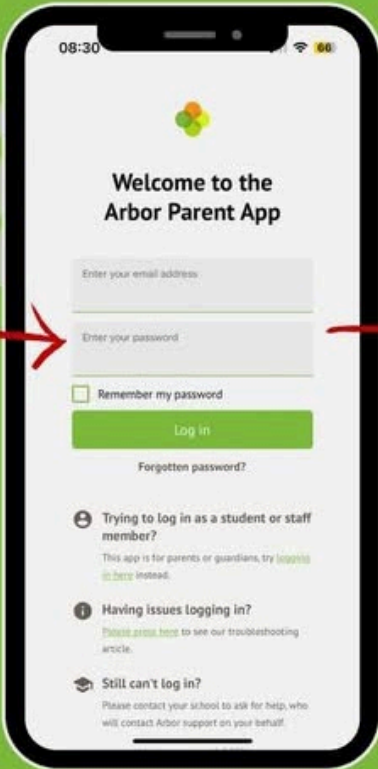
#### Step 1:

- Open the Arbor App



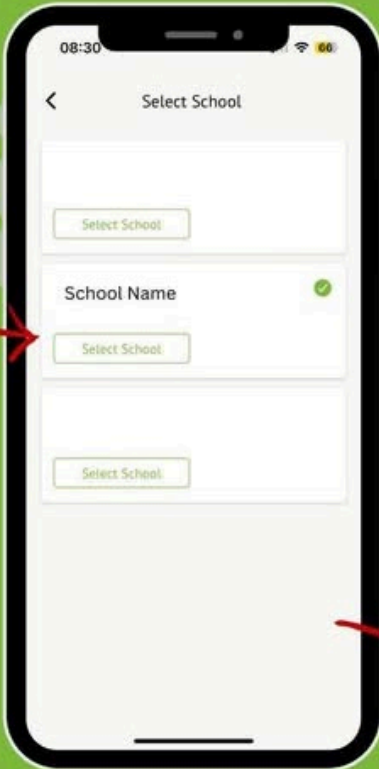
#### Step 2:

- Log into your Arbor account



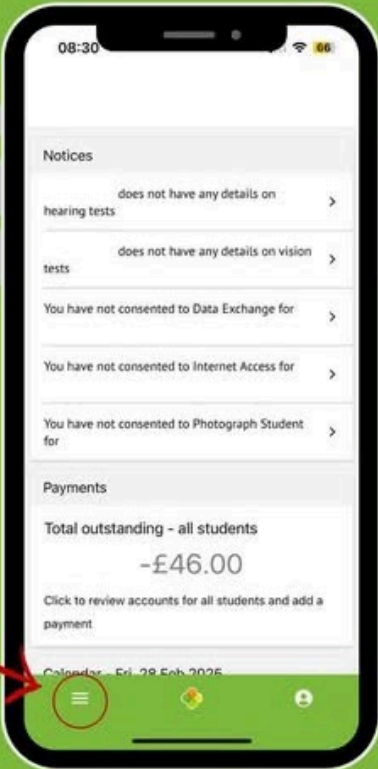
#### Step 3:

- Select your Child's School



#### Step 4:

- Select the menu button (circled in red)

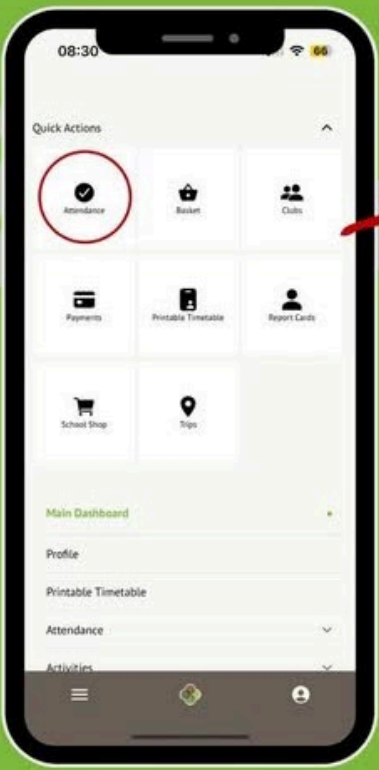


### How to Log an Absence:



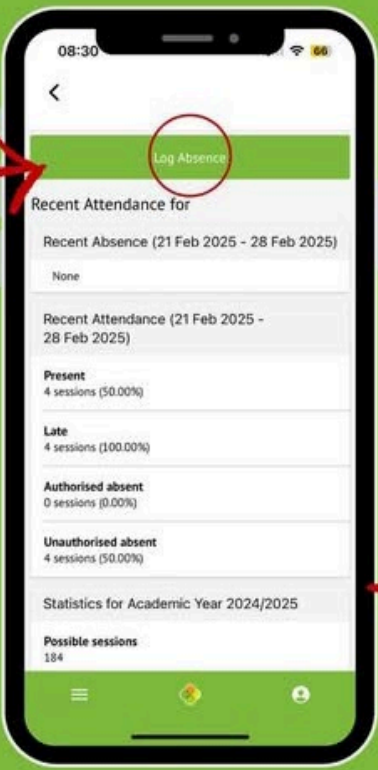
#### Step 5:

- Click on Attendance Button



#### Step 6:

- Click Log Absence



#### Step 7:

- Fill in the details and click Log Absence to confirm

